

South County Senior Center

South County Center
8350 Richmond Hwy. suite 325,
Alexandria VA 22309



www.fairfaxcounty.gov/ncs

Operating Hours: Monday -Friday 9 a.m.-4 p.m.
Telephone: 703-704-6216

Senior + Program: Days and hours vary

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

January 2015

Programs

Program	When	Time	Description
Walking Club	Monday - Friday	9 a.m.-4 p.m.	
Billiards	Monday - Friday	9 a.m.-4 p.m.	
Cards and Games	Monday - Friday	10 a.m..	
Coffee and Chat	Monday - Friday	10 a.m..	
Mat exercise	Monday/Wednesday/Friday	10:30 a.m..	
Walking Group	Tuesday	1 p.m..	
Medium Impact Exercise	Monday/Wednesday/Friday	11 a.m..	
Mind Bogglers	Monday - Friday	1:45 p.m..	
Wheel of Fortune	Monday	1 p.m..	
Open Computer Lab	Thursday	10:30 a.m.	
Computer Tutoring 1:1 session	Monday /Wednesday	10 a.m./ 11 a.m.	
Sewing and Crafts	Thursday	12:45 p.m..	
Bingo	Wednesday	10:30 a.m..	
Bridge	Wednesday	10:30 a.m..	
Spanish Club	Wednesday	1 p.m..	
Jazzercise	Monday	1 p.m.	
Line Dancing	Friday	12:30 p.m.	
Senior Chat	Tuesday/Wednesday	1:15 p.m.	
Wii Bowling	Tuesday	11 a.m.	
Sit and Stretch	Tuesday	11:30 a.m.	
Chair Yoga	Thursday	11 a.m.	
This and That	Friday	1:15 p.m.	
Low Impact Chair exercise	Friday	11:15 a.m.	
Healthy Lifestyles	Thursday	1:15 p.m.	
Open Blood Pressure Clinic	1/5/2015	1 p.m.	

Classes

Class	When	Time	Description
Civics Class with Dan	Friday	11 a.m..	
Nutrition information	1/5/2015	12:30 p.m.	
mando control de su Salud -Worksh	1/7/2015	12:30 p.m.	
Fire and Safety presentation	1/7/2015	12:30 p.m.	
Poetry with Peter	1/12/2015	10:30 a.m.	

Special Events/Trips

Event/Trip	When	Time	Description
Moments of Remembrance: MLK	1/21/2015	12:30 p.m.	Free. Light refreshments provided
Music by Peggy Lee	1/5/2015	12:30 p.m.	Free
National Museum of Natural History	1/15/2015	10:30 a.m.	Advance reservations required. Most trips are from 10 a.m.-2 p.m.. with a \$1 bus fee and lunch is on your own.
Wegmans	1/6/2015	10:30 a.m.	Advance reservations required. Most trips are from 10 a.m.-2 p.m.. with a \$1 bus fee and lunch is on your own.
Springfield Town Center	1/27/2015	10:30 a.m..	Advance reservations required. Most trips are from 10 a.m.-2 p.m.. with a \$1 bus fee and lunch is on your own.
Potomac Mills Mall	1/20/2015	10:30 a.m.	Advance reservations required. Most trips are from 10 a.m.-2 p.m.. with a \$1 bus fee and lunch is on your own.
Gunston Plaza	1/13/2015	10:30 a.m.	Advance reservations required. Most trips are from 10 a.m.-2 p.m.. with a \$1 bus fee and lunch is on your own.

Community Meetings

Meeting	When	Time	Description
South County Advisory Council Meeting	1/7/2015	12:30 p.m..	1st Wednesday of each month. Open to all participants.